



Nutrition Rights Coalition



nmfU-HñnmfUmMo



df©- n(hbo

AGS - ~mandm _nM2020

H\$ãñfZ0x A\$ez \ \$ñã Ý f0:ez (H\$Z) à(H\$ñModmVññl

सकस

gñmXnI

» AnVaamix`
_ {hbm {XZ {defññl



{hbmMo ZVñdM
H\$arb Xenbm
HñnmfU _W\$!

mASñV
brbm-nBMoAl \$>l _
(EH\$mASUdn\$ gñdHñMm{XZH\$)

- HñnmfU ' @VrMr EH\$ Arnm
- HñnmfUmer bTñnar ' {hbmE3Vr
- ' n\$Z Pñbr ~nB, nU nmfUnV H\$m' mJoanhr



epe {S i o {dZnk eSø
 Hšnī Pšnar gōmKHŠ
 aeny I Øø
 g. mJa 'Šš
 Sšš A{ef gmVd
 'hmZ OāQ> 'ō KnQ> A' andVr
 b. Jno TšbŠ
 AmXdngr {dHšng {d^m
 Sšš A^ŋ ešbm
 E.Or.gr.E. gXŋŋ, amīšŋ Amanīŋ { 'eZ
 Sšš gVre JmVbdma
 Anāhr Am Aŋm AmanīŋIngrš
 Sšš eŋbū'r AaŋJa
 Amanīŋ d nmfU VĀk
 I r' Vr ZšZr AdnŠø
 AmXdngr {dHšng {d^m
 Sšš 'hā' X g' ŠdnZ nQø
 AmXdngr {dHšng {d^m
 ārVr ndma, AmXdngr {dHšng {d^m
 gššbZ
 {ZVrZ KnQ>ø& 'mZgr I nVr
 g{MZ gmRø& eŋšš {eHŠ
 gh^mVr gššWm
 Anāhr Am Aŋm AmanīŋIngrš (JSšMambor)
 OZnW^AmXdngr {dHšng gššWm (Zšš~na)
 Hššr Jma d 'Op gšš-HššHššar gššQZm (nmbKa)
 dMZ (Zŋ{eHŠ); dZ{ZHŋZ (RššJ)
 {XemgššWm (amŋJS)
 aMZmgmŋ ŋ{OHŠ nīZ~mVr gššWm (nŋJ)
 amĀŋ g' YdŋŋHŠ gššWm
 AZgššmZ OāQ>gmVr (nŋJ)
 'ŋ nš>d AnVrb 'nššJr
 ŋdšZxrn {Hšš{OšhO², nŋJø
 'ŋV enīZ : emāXm 'h.,ø
 'ŋU ...EZ.Ama. EYQāamŋPg, nŋJø

nī' dhmangrš nŋm

gmVr, ābQ>Zš- 3 d 4, A_Z B^Qag,
 ŠšnŋJšš HššZr, HššWes> nŋJe 38.
 XŋŋdZr : 020- 254 72325,
 B^b - sathicehat@gmail.com

gōmKHŠš`

{hbnMo ZVŋdM HŠarb Xērbom HōnmfU _P\$!



XērkērĀ`m {hbmngK{OV hndšZ AZbš ASWū` nŋJa _nV HššVnŋV.
 {hbnVr hr gKē°\$ g_nOnV, HōmV d Amē`māj {°HŠ OrdZnV ~Xb
 KŠšVnZm{XgVō. āhUjM {hbnVr gm{hHŠ VnHŠXM ^Hš d HōnmfUnĀ`m
 OmV{VHŠ g_n`dahr Vnš>mHšŋyēHš, Agm{dīdngr XērkērĀŋm
 gaHššar `Š Umd ŋd` šgr gššWmŠšZ i`°\$ hŋVnō. `mNī šHšZnVmdY...

► ^Hš d HōnmfU hr Hōdi ^naVnMr gHšdm {dHšgZerb XēnVr g_n`m Znhr. hr
 EHŠ OmV{VHŠ g_n`m Anho ^naVnV 1975 nmgyz "BšQ>øš>MnBšS>Sāhbn_Q>
 ānŋm." Ē`ngnrš am-dbm OnVnō. `m Hšnī Pš nĀ`m HōdnVnZr gēdnVrbm HōnmfV
 ~nbHŠ hŋVr. nU {hbnVš Amanīš d Ē`nŋVšg_nOnVrb nWnZ `ndaM g_nOnVrb
 HōnmfUnVr VrđVm RaVohohi ŋi ygd^mV` Pnbš Ē`mZVa {hbnHšŋV
 Cnm`nDZnhr `m Hšnī Pš nV g_n{dī>Pnē`m nJaUm_r gēdnVrbm {hbn`m
 {def Amanīš `nDZm am-dē`m OnDŠ bŋVē`m J^@Vr d nVY Xn_nVnŋJa bj
 HšŋV hndš bŋVbo nU HōnmfUnĀ`m g_n`MŠg_j CfnDZ Hšamī MŠVa honagš
 Znhr. hkd rb AnVrb bj nV `V Anho nJaUm_r ^Hš d HōnmfUnVr g_n`m
 gmēšĒ`ngnrš {hbnVšSM ZVŋd Xē`nŋm {dMna 'j YaV Anho gaHššar `nDZm
 AgnV HŠ ŋd` šgr gššWmMo{dHšng{df`HŠ CnHŠ, VoAnVm {hbn`m ZVŋdnV
 am-dē`nda ^a {Xbm OnVnō. hr {def AnenKŋ HŠ ~m- Anho
 ^Hš d HōnmfUnĀ`m āiZnV {ō`nŋm HōdnVnZ {i ybmVbš Agbš Var
 {hbn`m gm{hHŠ Mi di t_Ū`o`m āiZnZm {VHŠ _hŋd ZihVš OJ^anV
 {hbnVnV nV:A`m earamdarb A{YHšna, HššQš-HŠ AĒ`nŋmna, JanXanUnVrb
 aOm, g_nZ dVZnŋm A{YHšna, b{JHŠ enfU `ngna>>`m āiZnŋJa OJ^anV

_ {hbm gK(OV Pnè m AbrHSSè _ {hbm Anaj UnÀ` m {Z_ ÌmZo
anOH\$` ^nrXmargnRèhr à ÈZ gnè\$ Anhv. nU _ {hbnZm
g_nOnV gY_nZnM\$ nWmZ { i m M\$ Agb Va _ {hbnZ Yrb
HñmfUbnhr ànrnì {Xb\$nrhOoho AnVm bj nV Klvb\$ OnD\$
bnJb\$ Anho dH\$-hZm _ {hbnZSSè` m àiZnM\$ ZVfd` D\$ bnJb\$
Anho _ {hbnZm gH\$g ApM { i V Zgb, È` n` m
g_nOnVrb Xè` _ nWmZm` i onag\$nmfU hnv/ Zgb Va
AWnFM HñmfUmr g_n` m Vrðk hnv/ HñmfUmer {ZJ{SV
àiznM\$ ^naVm E.EZ.E., ASUdn\$ gðdH\$nd Anem
Hñ PÈ` nP` n` em g\$` zoH\$ni ÆV Anhv. ` m nm d` y rda
Anàhr ` m Af\$iv _ {hbnZ` m nmfU-HñmfUmer {ZJ{SV H\$hr
npM\$ gH\$Z dnM\$H\$ni RalÈ` nMm à ÈZ H\$V Anhv.

nU Hñdi HñmfUmm àiz _ {hbnZr {ZJ{SV Anho
àhUz È` n` nH\$SM` m àiznM\$ gnbdÈ` nMozVfd Agndo
Agm H\$hr gm gH\$MV Nì\$H\$Z` m Cn` nMm Znhr. EHJUM
_ {hbnZm g_nOnV gY_nì` nWmZ { i nboVa HñmfUmr
g_n` m nJaUm ndè\$ {ZnOy eHò Ago Anàhrng dnOy
_ {hbm gK(OV hndZ nraAnè` m H\$, qbJ` XnM Anhrnz
{Z` nP` hnv/ EHS` b\$A` m AZ` dnM` m AnVno {ó` n` U` o Annè` m
h` \$S` Ob Omè\$H\$V` m Wp _ {hbnZm Annbo àiz { OalÈ` nM
i ngnr> { i Vo` m Nì\$zo Anàhr HñmfUngnr> _ {hbnZm
gK(OV H\$È` nH\$Sè Amèzo nM V Anhv. "H\$èY{Z` A\$èZ
V\$à Y{Y{OèZ` ` m à{H\$ Vhr È` m i M` nmfU gl r` àhUz
_ {hbm H\$ni PÈ` nM r` V\$ r` C` r` H\$È` nMm à ÈZ hnv/ Anho

Hrè` nhr g_nOnM\$ Ananè` d nmfUprVr H\$er Anho ho
nrhm M\$ Agè` ng È` m g_nOnV _ {hbnZm nWmZ H\$g\$ Anho ho
nhm Ag\$ àhOb\$ OnV\$ È` m È` m g_nOnVrb Onh\$dy Mnrbr{aVr
_ {hbnZ` m nì` nVZM A\$ bnV AnUè` m OnVnV. g_nO
OrdZnVrb {Z- YnM\$ nMbz ihnd\$` ngnr> _ {hbnZm dnna
Hòom OnVnZm {XgV\$ Janka _ {hbnZoh\$ni I nd\$ I nd\$ Z` o
H\$nuVr H\$ni H\$andrV, {H\$Vr {dl nVr` j` ndr, dj {` \$S` ndAN\$V,
ZdOnV` -mi nM\$ I nZnZ Ago AZb\$ dY {Z` _ {hbnZr EHS`
{nT\$ XgarH\$Sè hVnV{aV H\$V AgVo È` m i br _ {hbm
gK(OV hndZ Z` m Nì\$H\$ZnVZ` m àiznM\$ nMhV bnVrb
Vohm {ZpMVM HñmfUUnÀ` m àiznM\$ j` v` AnknV hnvrb
Agm {dídng Anàhrnm dnOy` n` àhUz _ {hbnZm {dH\$ng
H\$ni nP` AJga AgU\$ AJÈ` nM\$ Anho

nU Hñdi {dH\$ng` nDZm am-dÈ` nM _ {hbnZSSè ZVfd
AgU\$ nM\$ Znhr. EHJUM g_nOnÀ` m gdM j` d nV _ {hbnZm
gYr { i nè` m Va Ananè` d nmfU {X` bnZnV/ gH\$niÈ` H\$
-Xb K\$è` nMoz` ^a {XgZ` V` Anho _ {hbnZm AWp` dnVW
nWmZ { i nè` ng È` nM r` -MV j` Vm d H\$` e` \$hr dYnaVo ho
Va AnM. nU _` àdnM/ _ {hbnZm g\$niK dnTè` nZo
nmfU d Ananè` {df` H\$` n{hVrMm àgnàhr A{YH\$ dolnZo
hnv/ no Agm AZVfd Anho {deFV: {dH\$ng` nDZn\$ U` o

_ {hbnZr Ankn\$ Klvè` ng g_nO A{YH\$ ObX JvZn
n{advZerb hnv/ no Agbr nr{hboJb\$. àhUz g_nO
{dH\$ng adU` ihm Mm Agb Va {dH\$ng` nDZnM\$ ZVfd
_ {hbnZSSè Agm bm hd\$.

_ {hbm gK(OV Pnè` ng È` m Ananè` nmngZ
anOJnann` VA` m {d{dY g_n` nJa g\$niK K\$èZ AnUvV.
àhUz _ {hbnZm JOb>OJ` ^anV` à` ndr {dH\$ngÈ` H\$
H\$ni PÈ` nM r` > àde q-Xy` nZbo OnV Anhv. nd` gdr g\$Wm
AnVm _ {hbm JOb` m gm` i` nM dnna gH\$niÈ` H\$` nJaUm
{ i dÈ` ngnr> H\$èZ Klv Anhv. -n` bnKè nV` -MV JOb` m
_ nì` nVZ` A` VnV` _ {hbm e` \$` nraAnbr. È` nVZ` VVrb
Xrfadç {Z` J` ZnM dol Anbm d _ {hbnZm XOnFCMndbm Ag\$
{XgV\$` ^naVmVrb "amì` Jm` rU AnOr{dH\$ni {eZ` _ {hbm
-MV JOb` m nì` nVZ` Xrfadç {dnVr H\$ni PÈ` am-dV
Anho "OnV{VH\$ Ananè` gK(OZ` Zhr ZdOnV` -nH\$Sè` m
Ananè` ngnr> nì` n` m gK(OV` à` ÈZnM` àn` gnZ` Xè` nda
^a {Xbm Anho

nU _ {hbnZm JOb>nmfU AnU Ananè` nda H\$gm` à` nd
nM\$ nVnV` n{df` r AOZ` àhUndo Vgogè nVZ` m Pnbbo
AnT` i V Znhr. nmfU d Ananè` ner {ZJ{SV n{advZnV
_ {hbnZr ^y` H\$ni` m-m-V AZb\$ Wp>XpO AUmm gm` n{OH\$
gè nVH\$Sè` m ZOav Anbo ZnhrV. V\$à H\$` r gè nVZnVZ`
-nH\$Sè` m nmfUngnr>` hñdnV` Agbè` m n{hè` m EHS` hOma
{XdgnM` m H\$bnVrV _ {hbnZr {Xbè` m` n` XnZnM` XI b
Klvè` nMoz {XgVo "H\$èY{Z` A\$èZ V\$à Y{Y{OèZ` à{H\$ VZ
hnv/ Agbbo H\$ni H\$XnM` m Nì\$zo H\$hr {XenKè\$ V` i` o
g_nà RalyeHò Agm Anè` {dídng Anàhrnm dnOy` no

HñmfUUnÀ` m g_n` dia` nV H\$È` nM r` j` Vm {ó` n` m g` jh
e` \$V Anho` m-Ob` XpV Zgb` Var gdP` Aem JObZr g_nZ
à` ndrZo H\$ni` Hòom Anho Ago` m Znhr. ` m nMoz EHS` H\$naU Agy
eH\$Vo ASUdn\$` H\$ni PÈ` nP` H\$dm AnenM` m DSO`bm Hñdi
Ananè` d HñmfU` nM g_n` nJa H\$èV Hè` m i` o gm` n{OH\$
n{advZnV` È` nM à` ndr` àhUndm {VVH\$ni OnUdV Znhr, Ag\$
VÀknM\$` V` AnT` i V\$ "H\$èY{Z` A\$èZ V\$à Y{Y{OèZ` à{H\$ V
àhUz nmfU gl r` {d{dY g_n` nJa hñVj` o H\$V Anhv.
nmfU gl tZr Jm` nM V, {Oèhm n{afX Ankr nVnJa àiz
CnprVW H\$ni bm gè dnV` Hòor Anho È` m i` o EHS` H\$naU Ananè`
d nmfU g_n` nM AnYna Klv _ {hbnZm ZVfd` Hñdi nWZr
` m bm dH\$MV hnv` ^na` bnV Anho Ag\$ àhUvM` BÈ. ` m
Af\$iv Anàhr ASUdn\$` gðdH\$nd` m g_n` nmngZ` ehar
OrdZnV H\$V` Jmar Xnl dUnè` m _ {hbnZ` m nmfU g_n` nM hr
D\$hrnm H\$È` nMm à ÈZ Hòom Anho Am M\$ H\$ni P` d nmfU
gdnr {ZJ{SV Agb\$ Var EHJUM g_nOnV {ó` n` m
ZVfdntom nM r` > i` { i m bm hd\$ VaM Xè` HñmfU` nP` hñB
ho RgdÈ` nM hm N` agm` à ÈZ Anàhr H\$V Anhv. ■



{ Zb brbm-nBMo
AI §>I _

» AŞUdnŞ:AVoHŞn, KaJWr HŞn o nmlUr AnJUo ganU Jnİ m HŞaUo eVrVr HŞn oHŞaUo \Şi Ş Jnİ mHŞaUoAnJU AOZ ~aM HŞhr. \ŞonkoJndÀ m brbm-nB© o nJUo nŞr HŞn HŞaUnİ mAnJU " _eOŞ-OŞpnHŞU {hbrm `m eÅKrVr i` m` nM ~XbZ OaHŞor Anho EHŞnAŞUdnŞ:Ş gfdHŞ m {XZHŞ nM/bd nOnİ m.

► brbm-nB© o nJUo `m È` nİ` m XnZ. I nİ` nİ` m {dOŞ- nVRÀ` m KanV O{ Zrda ~gè` m Anhv. È` nİ` m eOmar È` nİ` m XnZ _lor emi Mm Aä` nŞ HŞarV ~gè` m Anhv. È` nİ` m 19 Vngnİ` m HŞn nİ` m {XdgnVrb hm enVVMm EHŞ Xb ui j U. AnRaŞŞnVrb 6 {Xdg, brbm-nB© gHŞn r 10 VoXpmar 2 dnOm` V anÀ` gaHŞnaÀ` m AŞUdnŞ:V AgVnV. {VVoÈ` m JndnVrb 30 _bnŞnRŞ AnJU Janika {hbnŞnRŞ Anhma {eOdVnV. gHŞn r CRè` mngyZ AŞUdnŞ:V nbnmVn V brbm-nBMo AnVrM {XdgnVbo 7 Vng HŞn HŞaÈ` nV Jbobo AgVnV AnJU È` m HŞhr anİr 10 À` m AnVr WnŞV ZnhrV. brbm-nB© nhnOŞ 3 dnOvm CRVnV Vohm È` nŞlogdnŞ n{hboHŞn àhUoXnZ {HŞno rOŞa bnŞÀ` m {d{harVZ nmlUr AnJUo {HŞ nZ 20 ^nŞ nmlUr Var bmlVM, "" nÀ` m nmar _XV HŞŞ bmlVnV", È` m gnVnV. brbm-nBMonVrgOm _XV HŞaVnV. HŞŞ nVbogJi M nne` nŞnRŞ OŞVnV. `m HŞŞ nbnm nne` nŞnRŞ HŞ_rV HŞ_r 4 \Şè` m nam` m bmlVnV. `m HŞn nŞnRŞ {XdgnVrb Mna Vngnİj m OnmVM dİ HŞaUr bmlVno
brbm-nBMo Jnd \Şonko honto {OŞmVrb AnŞ dnd VnbŞ nV `Vo gnYnaUnUo nMVoOZ `m {hY nŞU` o JndnV HŞnaŞn nSVno 2011 À` m OZJUza nJU JndnVr bnŞŞŞ` m Anho - 464. ~hVnŞ HŞŞ _hnXd HŞn r g_nOnVrb Anhv. hr gdnŞ nJUgŞnne` nŞnRŞ EHŞM

{d{harda AdbŞZ Anhv. `m {d{harVrb nmlUr gŞbŞHŞ, I ngJr OŞŞŞ` mJdÈ` nfdm n` nŞ ZgVno
brbm-nB© AnJU È` nMo` O_nZ ^mJnDŞ `m XnÈ` nbnm 9 _toŞ Anhv. Wnè` m _brVŞd` dfj 23 Va gdnŞ YnHŞŞ-ni 4 dfrnO Anho ""Kar gdnZm dnOv hnbŞHŞ, àhnVnanUr AnVnngnRŞ _toJm hdnM, È` m _i o _bnÀ` m AnreZo _bm AnR> _lor Pnè` m Zddm _toJm Pnbm'' brbm-nB© ahUnè` m ""gd` _bnZm dnŞÈ` nMm È` nİ` m {ej UnMm I M{HŞaUo I n HŞŞU OnVo nU AnVm HŞn HŞaUnA? AnÀ` m g_nOnV _toJm AgUo ho gdnŞ _hİdnMo _nZbo OnVo È` m _i o _r bnMna hnb'o''
nmlUr AnJUè` nda brbm-nB© nd{ŞnHŞbnm bmlVnV. JndnVrb AZHŞ KanŞ nJUÈ` nİ` m KanMo Xnahr HŞ_r CŞMVo Agè` nZo KanV àde HŞaVnZm dnHŞ Onlo bmlVo KanVrb q` Vr d O_rZ eUnZo gnadbbr Anho EHŞn HŞnè` nV VrZ XJŞnVr Mjo AgZ È` nÀ` m eOmar HŞhr nVrVr ^nŞ Anhv. eOmar eŞU` o XnZ àher ~nŞÀ` m I nŞbnm ~nVbè` m Anhv.
""_bm 11 OUnMm nd{ŞnHŞ HŞandm bmlVno ~bnZm dJU Únlo bmlVo AnJU È` nMo eU HŞn do bmlVVo' brbm-nB© gnVnV, ""{XdgnVrb XnZ dİ À` m OolUnV ~nOarÀ` m qHŞm ZnMUrÀ` m ^nHŞè` m ^nOr AnJU ^nV AgVno'' gdnŞnRŞ EdTn nd{ŞnHŞ ~ZdÈ` nŞnRŞ brbm-nB© AnJU È` nİ` m _btMo Odi nng VrZ Vng OnVnV.
AŞUdnŞ:VZ naV Anè` nda brbm-nB© È` nİ` m XnZ EHŞa

eWVrV gš nHšri À`m 7 dnOm`V Hšn HšVnV. È`m àhUVnV, ""bndUr, qZXUr, l nUrUr `r hr gJi r Hšn`S HšVo `nPonVr eWmV ZnšJaUr HšVnV AnfU nUr gnRšÈ`ngnrš`-Ynè`nda Hšn HšVnV. hogd`Znh-an`V Hšando bmlb. Anàhnbm dfrHšRš`Mna Voghm nUr ^nV {i Vnò` eWmVZ {i Unašho Yn` KanVM gšZ OnVŠ dF@a`nM Yn`nda hoHšS`HšS`gS`JDanU HšVŠ

brbm-nBMonVr ^nV`nDŠ àhUVnV, ""Anàhr \S`S Am`À`m eWVr`m CÈnnKZnda OJyeHšV Znhr. àhUz Xgè`nÀ`m eWmV `Owrbnhr Ondš`bmlVŠ {Xdgnbm {XSeo èn`o`Owr {i Vo nU hoHšn`Zn`r {i V Znhr. dfrHšZ EI nKm`{hZnM JndnV `nò`Owr {i Vo {Sg`-a`Yrb YnZ HšnUrZyA AnfU OZ`-Ob`U` onndgnm m gèš`hnb`V nUr AnfU anOJna XnhtMr dnZdm AgVo` JndnVrb Hšhr HšU`-r`-nOargma l r BVa {nHš`bndVnV. brbm-nB`d È`n`m nVrbm Aem eWmV`nHšS`{i nòM Va Hšn` {i VŠ`nM`Vo`o`m Hšri nV` \šonko`Yrb`-hV`bŠ`{ó`n`nUo brbm-nB`{haSè`nÀ`m Prš`ndè`Z`Ši`o`Jni`m HšVnV. Am`nd`XHŠ`AnfYnŠ`U`o`{haSè`nM`dnna`hnb`no`È`m`w`o`{haSè`nòM`nU`r`AgVo`nU`hr`Ši`Š`Jni`m`HšÈ`nMŠ`Hšn`hr`Hš`nM`AgVŠ`{XdgnHšRš`brbm-nB`10`Vo`15`{Hšom`Ši`o`Jni`m`HšVnV. Ši`o`ZdSž`dmi`dbr`OnVnV,`À`m`w`o`È`nM`o`DOZ`Hšdi`3`qHšdm`4`{Hšom`V`Hš`r`hnb`o

AnRšSè`nVZ`XnZ`Xm`brbm-nB`ganU`Jni`m`Hšam`bm`10`{Hšom`rOa`MnbV`JndnOdi`À`m`OŠ`bnV`OnVnV. `nV`Odi`nng`Mna`Vng`OnVnV. Hšhr`bnHšS`nndgnm`ngnrš`gnRšZ`Ršbr`OnVnV,`-nHš`and`dnabr`OnVnV.

ASJUndš`À`m`Hšn`nVZ`Xa`{hY`nòM`1000`èn`o`KanV`VnV,`našV`brbm-nB`Zm`3-4`{hY`nVZ`EHŠ`nM`nJna`{i`Vnò`È`m`gnš`VnV,`""Am`À`m`gd`JaOm`-`{Hš`nU`m`gm`nZ,`_bnò`{ej`U,`AnfYo`ngnrš`Anàhnbm`hm`ngm`{OŠ`dm`Mm`AgVno`nU`hr`a`Š`nner`Znhr. Anàhr`A`{YHŠ`Hšn`HšÈ`ng`V`na`Anhnb`nU`BWo`Hšn`M`CnbaY`Znhr."

Jè`m`VrZ`XeHš`ngZ`40`dfu`brbm-nB`Mm`{XZHŠ`AgriM`an`hòM`Anho`brbm-nB`gnš`VnV,`""Ka`À`nZr`nÀ`m`d`nÀ`m`Van`m`dfuM`_nPob`¼`bndZ`{Xbo`_bm`{eHš`nMŠ`hnb`o`àhUz`_r`gngar`Anè`ndahr`emi`m`gnš`br`Znhr. 1994`_U`o`r`10`dr`nng`Prbo`È`nntè`_bm`{eHš`{Xbo`Znhr. HšnU`gnaga`nZm`nÀ`m`10`dr`Znng`nVng`m`_r`OnV`{eHš`Jo`nè`dnò`bo`Znhr. È`m`w`o`_nPò`{ej`U`{VMM`Wnš`bo`"

2016`nngZ`XnZ`nd`Šdr`gšVnM`Šonko`JndnV`anp`gnj`aVm`dJ`VnbdV`AnhV. -aM`Vng`Hšn`HšZhr,`brbm-nB``m`dJm`_U`o`l`Šè`nVrb`_fhnò`Zm`{eHš`dm`bm`nd`Š`{dHš`àhUz`OnVnV. Hšhr`_fhnò`KaHšn`gnšZ`{eHš`n`bm`È`ng`V`na

hnb`ZihÈ`m`VnM`brbm-nB`Zr`KanKar`OnDŠ`È`nZm`g`_Onò`bo`È`nZr`AnVnM`V`30`_fhnò`Zm`Wnš`Ša`dnMm`bm`AnfU`ghr`Hšam`bm`{eHš`nV`_XV`Hšbr`Anho

brbm-nB`AnfU`È`n`m`nVrZo`Annè`m`AZbš`dfnÀ`m`n`{al`_nò`m`Onnda`_bnò`Zm`Mnš`bo`{ej`U`XÈ`nMm`à`ÈZ`Hšom`Anho`È`nM`r`gdfr`_nRš`_toJr,`23`dfu`{à`nš`n`{VÀ`nHšŠa`-r`Hšn`Mr`nXdr`Anho`AnfU`gaHš`ar`Znš`ar`{i`{dÈ`ngnrš`Vr`anÀ`gdm`Am`nbnÀ`m`n`nYn`fnarj`nM`V`nar`HšV`Anho`ZMŠVM`{VMob`¼`Prbo`Anho`AnfU`AnVnM`Vr`A`{b`-nU`_oanV`o`drg`dfu`_à`_bnM`r`_hram`>nò`b`rg`XbnV`Hš`nO`-b`àhUz`{ZdS>Prbr`Anho`našV`W`A`Um`{Vbm`Hšn`ndè`Z`-nò`ndUo`Anò`bo`Znhr. 18`dfnM`r`C`_Šm`ŠonKongZ`50`{Hšom`rOa`AšV`anda`À`m`_Ma`JndnV`-r.E. nXdrgnRš`{ej`U`K`V`Anho`2018`_U`o`16`dfnM`m`e`{ŠnZ`o`Xhndr`À`m`-nš`ar`m`narj`V`78`O`Š`Jm`{i`dò`{Z`Šm`B`_Tm`9`dr`_U`o`Jr`ar`B`_Tm`ghndrV`AnfU`g`rj`m`n`{hè`m`B`_Tm`Anho`_toJm`hfŠ`Mna`dfnM`Anho`Vno`ASJUndš`V`OnVno`{O`Wo`brbm-nB`Znš`ar`HšVnV.

""_bm`Hšn`_Hšri`Or`AgVo`Hš`_bnò`Zm`Mnš`bo`{ej`U`AnfU`Ananè`XÈ`nV`nò`bHš`àhUz`_r`Hš`br`Hš`r`nŠV`m`Hšn`m`Z`ò`brbm-nB`àhUVnV,`""_bm`gnal`odnò`Vo`_nÀ`ngna`l`m`_Ing`È`nZm`ghZ`Hš`andm`bmjZ`o`Vo`{eHšZ`Mnš`è`m`Znš`arbm`bmlbo`VaM`Am`Mr`n`{apnV`Vr`gV`nab. _bnò`Zm`m`^`{d`i`nMm`{dMna`HšV`AgVnZm`_bm`-aM`Xm`Pnhr`bmlV`Znhr. nU`Xgè`m`{Xder`CRZ`_r`È`n`ngnrš`naV`CÈ`gnhV`Hšn`HšÈ`ng`gè`dnV`HšVo`" ■

gn`na` : PARI

(nng`AHŠ`Bn`Anš`èšab`BŠŠ`m`{PARI}`m`de`nò`Š`da`à`gO`Prbè`m`bd`nMm`_nZgr`l`nVr`nZr`Hš`om`AZnMk)

_nM`Vo`o`m`Hšri`nV`JndnVrb`-hV`bŠ`{ó`m`m`^`nVnVrb`{haSè`nM`r`Ši`o`Jni`m`HšVnV. hr`Ši`o`Am`nd`XHŠ`AnfYnŠ`U`odnabr`OnVnV. _nM`Vo`o`brbm-nB`Anbr`ASJUndš`Mr`Hšn`onV`Hš`è`nda`Ši`o`Jni`m`HšVnV`AnfU`Oòhm`ASJUndš`È`šab`AnfU`_o`U`o`-Š`hnb`o`VnM`È`m`KaHšn`nV`HšVnV`AnfU`Annè`m`_to`-ano`a`gHšri`r`10`Vogš`nHšri`r`6`n`V`{haS`m`Jni`m`HšVnV. EHŠm`{XdgnV`È`m`10`Vo`15`{Hšom`Ši`o`Jni`m`HšVnV. È`nZyA`Ši`o`ZdSž`dmi`dbr`OnVnV,`À`m`w`o`È`nM`o`DOZ`Hšdi`3`qHšdm`4`{Hšom`V`Hš`r`hnb`o`_o`{hY`nV`nVnZHŠ`i`nmar`bnhZ`AnfYr`Ši`ngnrš`àV`{Hšom`120`èn`o`Va`_nRš`m`Ši`ngnrš`àV`{Hšom`Š`S`10`èn`o`Xa`XVnV. brbm-nB`m`Hš`nò`b`{haSè`nÀ`m`VrZ`_fhnò`Zm`m`hš`m`nV`_m`Hšn`nVZ`20,000`Vo`30,000`èn`o`_i`VnV.

► **noCQadX** ho ehnxm Vrbō nVrb Jnd. ho Vgo Vrbō nA`m {RHñUmmgY` ahUOo ehñUmmgY` OmV A\$Vanda Znr. gangar 4 {H\$r A\$Vanda dgbbhoCQadX Jnd. `m Jndm_Ü` oOmVnM EH\$ Jm`>àH\$ñZo OnJdVo Vr ahUOo Jndm_Ü` oAgUmr AnW\$ d gm_nOH\$ Xar. Jndm_Ü` oOmVnM {XgVnV` nR`em B_maVr, n_ \$ Kao na\$yAnu JndnA` m {Zää`m ^mJnV` OnVno Vgm {Xgm` bm bmJVno`m JndmMm Xgam Mham JndnA`m`m ^mJnV` J[a-nMr Kao {XgybmJVnV. hr KaonnhVnM bj nV` VoH\$, `m bmb\$zm engZnA`m H\$e`nUH\$nar`nDZnMr I ar JaO Anho {defV: EH\$ñE`H\$`-nb {dH\$ng`nDZMr JaO Va àH\$ñZo OnJdVo H\$naU`m KanA`m A\$Umv` CKS`ZmJS` d nnhVm j Ur HñmfV OnJdVrb Aer`_b\$Annè`m ZOag`nS\$yVnV.

A\$UdnS`A`m`nÜ`_nVZ` {Xè`m OnUme`m galmH\$`_hîdnMr gdm ahUOonH\$`d nñfU Anhma. nU`m JndmVrb A\$UdnS` ggdHñMonXM [a°\$ Agè`mZo Vr gdm`Wo`_i V ZihVr. JndH\$`nZnr È`m-Ob`_n\$agogn`agVH\$ OnJdV ZihVo

Odi nng ghm`_hZoCQadX JndmV A\$UdnS`A`m`galm A{Z`_LV hñè`m JndH\$`nZm nñfU gdmMo`_hîd`_nhrV Zgè`mZoÈ`m-m-V gdm AZ{^k hñVo A\$UdnS` ahUOo`_n\$ Va Nn`em`_bñm`_I MS` dñomMoHñ AerM bmb\$Mr g_Oy` hñVr. Odi A`m JndmVrb A\$UdnS` ggdHñomCQadXA`m A\$UdnS`Mr A{V[a°\$ O~m-Xnar gmdÈ`nV Anbr hñVr. nU {d{dY H\$naUn`_i ohr A{V[a°\$ O~m-Xnar È`m A\$UdnS` ggdHñ`m\$V`nU`hñJoE\$` ZihVo`_m Xaa`nZ` ehnxm Vrbō nV "OZnV`AnXdngr {dH\$ng`gñWñA`m`nÜ`_nVZ` H\$ñY`ZO` A\$eZ`_n\$`_Y`Y`O`eZ` (H\$Z) hr à{H\$`m am-dbr OnD\$ bmJbr. `m à{H\$`_VZ` A\$UdnS` ggdH\$ñ`_m H\$ñe``d`OgrnR`_à{ej`UnMo`Am`nDZ` hñD\$`bmJbo`nU`CQadX`_Ü`_oA\$UdnS` ggdHñMonXM [a°\$

gDñ | 'nñVo

HñmfU`_p\$Mr` EH\$`Arrem

» gñrVmgnZdUo`mAnemH\$ñ`_ñVñA`m`_à`ÈZñ`_i`_ehnxm Vrbō nVrb CQadX`_m JndmV`_A\$UdnS`A`m`_gdm`_i`_ybnè`m`_engH\$`_`nDZVJ`_Zo`_bè`m`_H\$ñ`_ñedm`_Hñdi`_JndnA`m`_ñVngnR`_gñrVnVrbZr`_Kv`_bè`m`_nñt`_ññanMr`_XI`_b...



gšrVnVnBZr AšUdnš XVZrg anD_ar bnDag
 (Zhū `n) mgnhme nZoAnhna {eOdž VnoJanKa
 d nVY`Xm_nVnZmKā`ng adfHšUo dā`agšr`m
 {hbnZmAnhna Kā`ngnrK`Kankar OndšZ`~nbdž AnUo
 bgrHšU gI`nMr`nfhVr bm`m`nZmXbo
 Aer gdm Hšn_oAnOhr gē\$Ralbr AnhV.



Agē`nZoAnem Hšn PšVn gšrVm gnZdUo`nMr {ZdS>
 à{ej UngnrP`Prbr. `m à{ej UnVZ`gšrVnVnBZm
 AšUdnšVZ`{i Unē`m gdmMr JaO Zì`nZoOnUdbr.
 È`m`i`oAnnē`m JndnV`m gdm {i`m`mV`Agm {ZIM`
 È`nZr Hšom

HšZ àHšennA`m`nì`_mVZ`Prbē`m à{ej UnV
 JndnVrb`_bnMr {Z`{V`dOZ`~CMr`nrhUo`Kbō`XšKa
 VnngZ`~nbHšā`m`nmFU`pñVrMr`ZnK`RāUo`_p
 HšnV Agē`ng`nrhHšer`gšnk`gnVUo`Jš`ra
 HšnV`~nbHšā`m`CnMnanšnrK`à`EZ`HšUoBE`nXr
 _nfhVr`gšrVnVnBZm`g`Obr. `m`Hšn`nMo`hTd`È`nZm
 OnUdbo`JndnV`AšUdnš`gēdHšn`Zgbr`Var`hr`Hšn_o
 Anem Hšn PšVn Hšē\$`eHšVo`È`ngnrK`Hšn`nM`Vnš`VnU
 nš`eHšVno`hō`È`nZm`g`OV`hnbō`{edm`_mZYZhr`
 {i`Uma`ZihVo`Varhr`gšrVnVnBZr`nd`š`\$`Vuzohr`Hšn_o
 Hšm`MoRadbo

gšrVnVnB`OZnV`gšWā`m`Hšn`PšVn`nā`m`_XVrZo
 ~nbHšā`m`Jh`^`Q`Hšē\$`bnVē`m`È`nMā`nUo`È`nZr
 JndnV`nmFU`h`\$`JQ`Mrhr`ñWmZm`Hšbr. È`m`i`o
 JndHšē`nš`_U`onmFU`~HšnV`Um`~m`V`OmVr`hnd\$`bnVbr.
 JaO`Agžhr`CnMnanš`m`Hšj`V`_Dš`Z`eHšbē`m
 ~nbHšā`m`{Z`{ImZō`CnMna`gē\$`Prbo`~nbHšā`m
 AMHš`ZnK`Rāē`m`Ondš`bnVē`m`È`nMā`r`JndnVrb
 AšUdnš`gēdHšonX`VnVšZō`abo`Ondō`ngnrK`šhr
 gšrVnVnBZr`à`EZ`gē\$`Hšbo`È`ngnrK`Jm`g`^`V`Rand
 _nš`om`Ondm`ngnrK`È`nZr`nñHšā`Kvbm`AnVm
 CQadX`JndnV`AšUdnš`gēdHšonX`_Dp`hnb`nā`m
 _mJndā`Anho

CQadX`_U`_o`AšUdnš`gēdHšn`éOyhV`Znhr`Vnla
 Anem Hšn PšVn gšrVnVnB`m`gdm`XV`AnhV. È`nZr
 A`_V`Anhna`_nDZMo`hTd`JanKa`d`nVY`Xm`_mVnZm
 nōšZ`Xā`ngnrK`{def`à`EZ`Hšbo`n{aUm_r`m
 _{hbnXd`rb`nmFU`gdm`m`Hšj`V`Anē`m`JndHšarhr
 nmFU`gdmMr`_mUr`Hšē\$`bnVbo`AnhV. Eadr`Annē`m
 Hšn`Pšj`à`m`~nharb`Hšn_o`Hšē\$`ng`HšM`V`na`ZgVo
 Anem Hšn PšVn Va`nngō`_mZYZhr`{i`V`Znhr.
 È`nZr`{Xbē`m`gdmVM`_mZYZ`Anem Hšn PšVn
 {i`Vo`Vnr`Amē`m`Zō`Z`{Xbē`m`Hšn`ngnrK`m`ho
 _mZYZ`{i`Vo`AšUdnš`_m`gdm`Amē`m`Hšn`Pšj`V
 `V`ZnhrV. nU`gšrVnVnBZr`_mZYZnMr`Anj`m`Z`YaVm
 {ZabgnUo`HšnV`~nbHšā`m`{hVngnrK`à`EZ`Hšbo`hr
 ~m`{def`HšV`HšnX`Anho

gšrVnVnBZr AšUdnš XVZrg anD_ar bnDag
 (Zhū `n) mgnhme nZoAnhna {eOdž VnoJanKa d
 nVY`Xm_nVnZmKā`ng adfHšUo dā`agšr`m
 _{hbnZmAnhna Kā`ngnrK`Kankar OndšZ`~nbdž
 AnUo bgrHšU gI`nMr`nfhVr bm`m`nZmXbo Aer
 gdm Hšn_oAnOhr gē\$Ralbr AnhV. EšHšn`Hšn`_`
 Anem Hšn PšVn`m`nñHšā`nZod
 _XVZrgVnB`m`XVrZo`CQadXMr
 AšUdnš`nñHšā`nZod`m`Hšn`PšVn`nā`m`_XVrZo`
 Aem`Amē`m`Hšn`durgm`gavāna`
 I`and`am`{ZV`nt`गरज`आहे. ■



AnhV. `m OZOmVrMm à^nd {Xgy bmlbm Anhò
{Z_OrVnB^gnVnV, ""AnV/m_{hbnZr \si o l nE`ng d
nag-mV ^nA`m bndm bm gnedV Hòr Anhò Anàhr
È`nZm nOelZ {XboH\$ nVnZHS \si oOmV nrfiH\$ AnU
agm Zo{dahV AgVnV. `m_{hbm AnV/m_hmSag\saMx
qH\$dm Ònj Annè`nbm nadSjma Znhr Agm {dMma
H\$È`nEdOr nE\$, Hòr r, Andi m, JnOa l nD\$ bmlè`m
AnhV...''

`m J0aZo Jnbnsa {OèomVrb ASUdnS`n ù`onag-mV
~ZdÈ`ng_XV Hòr Anhò nag-mVnYz nrfiH\$ d gfd`
AP ghO CnbaY hml'o È`m_ù`oOZOmVrgm-VM
nVnZHSZm Annè`m nrfU AnhrangR\$ H\$VrH\$ P\$ _Xl rb
{Xbm OmV Anhò `m J0aVrb AOZ EH\$ H\$ P\$ nrfU
am`m àhUVnV, ""Anàhr _lonZm XbZnV_{i Unao Aa-ò
Ma-ò`nH\$ò>X nXnV`l nD\$ Z`V `ngnR\$ àdVm H\$Vno''
Oj\$ \SangZ _lonZm nandm H\$È`nA`m `m à`ÈZnhr
Angm_ù`o`e_{i ybmlbo Anhò MUM\$VnBA`m_Vo
""ASUdnS`Vbr _loS`AnV/m Kar Jbr H\$ AnBom pl MS\$,
Cgi , AS\$ qH\$dm l ra Xè`nMm hA>H\$S\$ bmlbrV...''
~OèomV {Mbg`qH\$dm {nAPm-~Jg`EdOr {l MS\$ qH\$dm
l ra H\$S`Z Xè`nMm ~nbhA`nadU\$Hòrnbm AndSjma Znhr?

EH\$ n`d`gdr g\$WZo Angm_Yrb_{hbnR\$ nrfU
Anhna(df`H\$ à{ej UnVlo Am nDZ Hòo `m à{ej U
àH\$È`nA`m_ù`nVZ_{hbnZr gH\$g Anhna àUnbtMm
àmna - àgra H\$Uo Anéj V hml'o AenM EH\$ à{ej U
{e`anV JnhrnòS`Wo Am nqOV nrfU_ù`m`nV ànVW
bd H\$Zo`nV Kvbom `ndò r Angm_Yrb HòrnbVnA`m
g_ñ`o{danVnVrb `m_{hbnR\$ m bT`em-òb_nfhVr Kvbom
bd H\$ZoH\$hr VÁkn`nhr _lonVr Vr Kvé`m

JnhrnòS`Vrb Anhna VÁk [a_{P_`nam`n`m_Vo
""HòrnbV hr Angm_gm»`m anA`ngnR\$ EH\$ J\$ra g_ñ`m
Anhò Angm_Yrb_ù`nrb, ~S`nrb AnU AnXdngr
bnH\$g\$`V `m g_ñ`Mr VrdVm A{YH\$ OnUdVo `m
g_Xm nV J[a-rMo`nU A{YH\$ Anhò È`m_ù`o`Vrb
_hbnR\$_ù`oA{ZL`m ganE` Anf`i Vno A{ZL`m nV
nVY`Xm_nVn`ù`oXVnMr H\$ VaVm g\$`dVo n[aUm_r gù`nE`
nVY`nznA`m A`ndnZo`mi nVloDOZ dnfV Znhr. VgM

J[a-r_ù`o`è`nM ~nbH\$Zm \S`_r>d `nV l nD\$Z
Annbr ^H\$ e`dnr bmlVo n[aUm_r hr _loS`Vrd`
HòrnbVnMo{eH\$na hml'nV.

Angm_À`m nMm V d Jm_rU {dH\$ng {d`nVnMo`àYmZ
g{Md Oo`-r. E`\$n`nZr AZbS`df} Angm_À`m anR`
AnanE` A{`nZnV H\$ Hòo Anhò ""XnZ`dnfV`V`_lonZm
nrfiH\$ Anhna Xbo`_lonZm`m_Kj AnU earanA`m
{dH\$ngngnR\$ _hIdnV`Anhò' AgoVo`ahUnbo ""`m
d`nVnVrb ~nbH\$Zm`m nrfU nVr H\$ni Or KboA{Ve`
_hIdnV`AgVo H\$naU n{hè`m XnZ`dnfV`_KjMm 90%
{dH\$ng hml'nV AnU nrfiH\$ AnhmanUrao n{dè`m OnU`nè`
m D\$òH\$ 52% D\$On`Kj`m {dH\$ngngnR\$ dnabr OnV`
AgoVo`gnVnV.

Angm_ù`oH\$`èV`dnb`ar hèW AgngEeZ AnR\$
B\$S`nI (hr.EM.E.Am`.) `m n`d`gdr g\$WÀ`m è{Mam
{ZanV`nZr gnVJVoH\$, ""Jnbnsa AnU_narJnd
{OèomV AnKè`ASUdnS` Hò {dH\$gV H\$È`ngnR\$_{hbm
J0aZm ge`S`~Z{dÈ`ngnR\$ g\$WZo`àH\$È`n gE\$ Hòo AgZ
AnVm VnognZVn, Ywar, XaJ AnU CXbJar
{OèomV`V {dnVnabm Anhò `m_{hbm JndnVè`m {ò`nZm
H\$òE`nhr hrfZHS`H\$ agm Znfdm AP V`na H\$È`ngnR\$
gfd` l V V`na H\$È`ng VgM hi X AnU
_eè\$`gra»`m dnVn`nOmanV {dH\$ H\$È`ng_XV H\$arV
AnhV'' gH\$g Anhna gdnA`m gd`tZm éOdnZnM
nVnZHS`nO`CEnP`dnf`E`ngnR\$ hml'maohò`à`ÈZ
HòrnbVnMo`deOÀ`m à`ÈZnZm Angm_ù`o`dò`i m Am`_XV
AnhV. Ag\$`ahUVm`B\$. ■

(gura H\$`H\$, {SEMEZeg`n`m S\$Z haèS_ù`o
àH\$È`nV bd nMm`ndnZnR\$).



नसुं Z P m b r ~ n B , n U n m f U m V H \$ m _ m J o a n h r ?



► gH\$ni Mo8 dnObo Anhv An(U I ve~)Mr ZOa H\$hr
{VÀ`m \n\$zde\$Z hOv Znhr`o Vr EH\$B@bMr dnO~}KV
Anho {VZo{VÀ`m d[ad\$Zm Kê\$Z H\$m H\$E`nMr nadmZJr
_mfJVbr Anho -ngA`m CÍmanMr Vr AnVwVZodnO~}KV
Anho I ve-yEH\$AnVyaamif` g\$WV Mn\$e`m hXÚnda
H\$ni Bv Anho {VMr CÊH\$ri>H\$ne`o An(U H\$m m-ObMr
{Zðm`m_wi oVr H\$Zrgnr& AE`y _ne`dnZ i`°\$ _mZbr
OnVo nU Jê`m H\$hr _{hY`n\$Ú`o{VZoAnOmanUm_wi o
-è`m gOðm KVe`m Anhv. ~aMxm Kê\$ZM H\$m H\$bo
Anho {VMm {Xda -è`mMxm A\$Xj r, SmbKj r qH\$dm
आरोग्याच्या इतर तक्रारatgh gê\$ hmvno`m gJú`nZoVr
खूप काळजीत पडली Anho- {Vbm{VÀ`m Vâ`vMr qVMm
तर आहेच पण आपली H\$ni J`_Vm KObr Anho`m_wi br Vr
काळजीत असते, सातÈ`nMr Nroð`nr& AnOmanU\$ {VÀ`m
कामांवर परिणाम करत Anhv.

आधुनिक पिढीची अगे`nZo I ve~ZoAnVr "Jub'
डॉक्टरची मदत घेतली. JubZo{VÀ`m bj Unfe\$Z OrdZgId
आणि खनिजांची कमत/aVm Anho Ag\$ {ZXnz bñOanA`m
स्किनवर झळकवलं, खुवे-ðm Oam Y`\$m -gbm _J {VZo
एका (खऱ्या) डॉक्टरां/m g`m K/bm`m Ss\$OanZr {Vbm
काही तपासण्या करून i`m bm gnJVè`m
तपासण्यांमधून लक्षात Anbo H\$ {Vbm OrdZgId S>
कॅल्शियम आणि लोहाच/r H\$ VaVm AnhoA`m_wi o{Vbm AZBIS
आरोग्याच्या समस्यांना gm`mo OndobmJV Anho Ss\$OanA`m
मते, याला कारणीभूत
खुशबूचा असंतुलित अन्हra An(U gV -RêH\$m Agbbr
जीवनशैली आहे, ती च/H\$V Pnbr. AnhmanV nmfH\$ KOH\$V/r
कमतरता इतकी हानिव\$haH\$ Agy eH\$Vo ho{VÀ`m H\$Yr
लक्षातच आले नाही.

खुशबू एकटी नानर. {VÀ`ngma l rM H\$nmUr ^maVm/rb
अनेक काम करणा`e`m {O`n/rhr Anho`m {O`m l \$ra
आहेत, कामाबद्दल CÊgnhr Anhv An(U EH\$M dO r
विविध कामे करÈ`ng gj`_ Anhv. AnVZHS
भारतीय महिलांm H\$ni An(U H\$m nA`m AZBIS
जबाबदाऱ्या Annè`m l n\$nda KD\$Z È`m CÊH\$ri आU

» AnY(ZH\$ ^naVr` _{hboZohH00} An(U H\$m _mXn0hr O~mXnè m I n0nda KVè` mAgYz Vr È` mCÈH\$; JJonna nnsVoAnho nU nmfUnà` m~m-VrV _mì Vr _mJonSV Mnbbr Anho

nna nnsV Anho nU nmfUnà` m~m-VrV Vr _mJonSV Mnbbr Anho H\$m H\$aUnè` m_{hbnMr nmfU pñVvr Xe@Umao(d{ei>Aà` ng Oar CnbàY ZgboVar amìs` H00} Amanèz gihj U - 4 (2015-16) À`m AhdnbnZyga Annè` mXenVrb 15 Vo49 df© d`m0nVrb 50% _{hbm AfZ{` H\$ Anhv. ehar ^mJnVrb 54% _{hbnZm AfZ{` nMm I`ng Anho` m _{hbn\$ U` ogv_ nmfH\$ KOH\$Mr H\$ VaVm I yn` nRèem à`mJnV Amìs` z` `bo` nV _{hbn\$ U` oEH\$ qH\$dm EH\$ngj mOmV gy_ nmfH\$ KOH\$Mr H\$ VaVm {Xgz` `bo À`m`i oAZb\$ emar[aH\$ An(U _mZ{gH\$ Amanèz nà` m g_n` m C0dVnV.

Xkènz0 nmfH\$ VfdnMr H\$ VaVm hr EH\$ dI g_n` m Zgz` bçJUnà` m g_n` b0m Xd rb -è` nM _{hbnZm gm`no Ondo b0mV Anho amìs` H00} Amanèz gihj U - 4 À` nM Ahdnbnè` nUo20% _{hbn0dOZ hoJaOmj m OmV Agè` nMog`no AnboAnho hrM AnH\$Salmar ehar ^mJnV 31% Va Jm_rU ^mJnV 15% Anho

AgV0bV gm`mOH\$ ^f` H\$m-d^mUr

XenVrb EH\$U bn0s\$` V 48.5% _{hbm Anhv. ZMÈ` nM Prbè` m amìs` Z`zm gihj UnZyga 2011-12 U` oEH\$U H\$m Jna bn0s\$` À`m à`nJnV _{hbm H\$m Jna 23% hrè` m hoZb_rM bj nV Anbo AnhoH\$ ^naVnVrb ehar An(U Jm_rU ^mJnVrb _{hbm _nRèem g\$` z0H\$ni 0V` Anhv, nU _{hbn0` m Pnn0ènz0 ~XbÈ` m ^f` H\$-ana Annbm g_n0 {VVS` nM dolnZo {dH\$gV hnb/mZm {XgV Znhr. nief AOZhr Annè` m nna[ah\$ ^f` H\$m nna nnsVno À`m`i oVno KaJWr H\$m n0 U` oA{Ve` H\$_r qH\$dm A{O~nMm hnb/^na bndV Znhr. àhUz`M _{hbm ~nhaMr H\$m o H\$aÈ` m-ana`m KaJWr H\$m g0m H\$aV anhv. KaJWr O~mXnè` nMr g_mz` {d^mUr Zgè` nZoAn(U ~nha` m H\$m n0o Amihnz` H\$ ndèsh` ~KVm` m gdnMm _{hbn0` m Amanèz nda I yn` {dn[aV n[aUm` ~Km` bm { i Vno

gVVMr VnadaMr H\$gaV

gafj V An(U nmfH\$ Anha, Mns0br Pnm An(U {Z`{V` i` m` m` m` 'p^v/ Jmìs`g0m EH\$m H\$m H\$aUnè` m ógrnR\$ H\$R\$U RaVnV. H\$m nMr gH\$ni Mr d0 An(U È`nda KaA` m AZb\$ O~mXnè` m {CXm - _bnZm emi gnr\$ V` na H\$aU0 S>m -ZdU0 H00}ngnr\$ ZnVm ~ZdU0` m`i o~è` nMXm {0` m {XdgnVrb n{hboAn(U gdn0` h1dnMoAP (ZnVm) 0ari VnV. Annè` nH\$S0 _{hbm Zb_rM Annè` m OolUnbm H\$_r anYn` Xv` Anè` m Anhv. hrM àWm AOZhr gè\$ Anho nmfUnà` m JaOmH\$S0Xb0` H\$S`Z AnmoqH\$dm H\$_r JwdInMoAP I nèè` nZo _{hbn\$ U` oH0n(U dntV OnV0

Kar nd0bnH\$ H\$aÈ` ngnr\$ d0 Mr H\$ VaVm qH\$dm nH\$0>0` OolUnMr gh0 CnbàYVm` m`i o{0` n0` m AnYrM AgV0bV Anhanà` m Vn0s` U` oAOZ` ^am nSV0 ~am Aà`ng AgogM{dVnV H\$ Je` m H\$hr dfnV ^naVnV` à{H\$ nOY` AnhanMm Cn^m H\$H\$ n0Zr dnt0m Anho AnZbnZ AP {dVaU H0 hi`hi yAn{ahm`~Zbr Anhv. AgmV`na~nH\$0>0` Anha nrdUnè` n0` m AnH\$P\$ On{hanV`i oE` n0` nH\$S` AP` mJdUohr AÈ`y` bn0s`à` ~m` ~ZV Mnbbr Anho Kar OolU {eO{dU0 VnOr` \si oAn(U ^nà` m I nUoAn(U à{H\$ m Z H00è` m APnda bj H\$0V H\$aU0` n{df` rÀ` m nna[ah\$ knZnMm {dga nSV` Mnb0m Anho

ho knZnà` m A^ndm`i oAnhoH\$m? hoZb_rM AZmbàYVe0b AgVoH\$m? C1naognmr ZnhrV. H\$YrH\$Yr Anv` m knZm`i o nmfUn{df` r MHS0Vo{ZU` KVboOnD\$ eH\$VnV, na\$w` m {S{000` `w`m/ knZnà` m A{V OmV ^{S>nam`i br nmfUn{df` r JnYi` {Z`n0` hnd\$ eH\$VnV.

VgM, H\$m H\$aUnè` m {0` m`i` m` m` ngnr\$ nægym d0 Xv` ZnhrV, `m`i oM`mM` H\$_r hnb0An(U nrf`i H\$ KOH\$Mo earanV H\$_r enfU hnd\$ eH\$Vo J\$V àhU00 {V0Zg` _noNB0 ARg An(U i` m` m` emi nMr glu` m bn0> Anbbr AgZhr, i` m` H\$aUnè` n0` m à`nJnV, {defV: _{hbn\$ U` o dnt>Prb0r {XgV Znhr. AJXr` n0ngna` m nna[ah\$ àWm Oar ~am bj d0z` KV Agè` m Var

Annè nH\$ə {hbmZb_rM Annè mOdUnbmH\$_r ànVnî XV Anè m
 AnhV. hrM àWmAOZhr gñ\$ Anho nñfUmî mJaOnH\$əXpJ H\$èSZ Anmō
 qH\$dmH\$_r JwdfmMoAP I nēè nZo_{hbrñU` oHñmFU dñtV OnVō

`nVgōm~hpg` {ō`m gh^mUr hnVnZm {XgV ZnhrV.

_J`nda Cnmî Var H\$ñ ?

Hr\$U AgboVar {hbrñr àW_ È`nñ m nñfUng
 ànVnî {XbonñhOo AY`Wm È`nñ m CÈnnXZj_Vola
 AnU {dH\$ngnda bj Ur` n[aUm hnVrb, i`ndgnr H\$
 AnU d{`H\$ Xñhr {RññUr. VnOoKar {eOdbboAP
 hogdnm Anho`nV H\$hrM XpV Znhr. _J Wnñem
 _XVrZoAnnè m {XZH\$ nV ñdññH\$ H\$È`ngnr dō Mo
 {Z`nDZ H\$Uo_hñdmMoAnho XpnaÀ`m OdUnlM S>m
 AnU gñ`nH\$ri À`m dō r brUñē`m ^ñgnr nñfH\$
 I nD\$ gnV KV`ng`-rhaMo AP I nñm -rñg AnU
 V,,\`X Xñhr Oñi Vm`B. È`m-ano-ah दररोजच्या
 dō mñH\$ñV H\$hr nOñSZ hññ`ngna» ग पण प्रभावी अज्ञा
 i`m m`ñm g`ndē Andī H\$ Anho

i`ndgnr H\$ H\$ñ`nZhr Annè nH\$डे कार्यरत
 {hbrñr nñ`D\$ hm~Xb KSdñ आणण्यासाठी मार्ग
 enV`nMr JaO Anho È`nZr Annè ग रचनेत आणि
 àH\$ nñU`oH\$ñ H\$Uñē`m {hbrñr बदलत्या गरजा
 bj nV KD\$ `p^V`-Xb H\$UoAnñयक आहे, पोषण
 JaOndf`r AnU È`m gnñ` H\$È`nñविषयी महिलांना
 {hñ`nVZ EHSm qH\$dm XnñXm g`mज्ञान सत्रांचे आयोजन
 H\$Uo`ngna I r nndboCmbÈ`nñm {dचार कंपन्यांचे
 gñmbH\$-àengH\$ H\$è\$ eH\$ñV.

{hbrñmOnñfU gñnaUo gñVbV आहार,
 AnñmVrb {d{YVm AnU H\$_r nñfक पाकीटबंद
 nXnVñm dñna H\$_r H\$È`ngnr {ejण आणि
 OnñēH\$ñm`nñ nñU`oXd rb gaH\$ आणि
 {dH\$ng gñVm JwduH\$ H\$è\$ eH\$ñV. बऱ्याच
 H\$ñ H\$Uñē`m {ō`m È`nñ m àOZZjम वयात
 AgVñV, È`nñr nñfUnlMr JaO Onñत असते.
 `nñē nñfUnlMr AZmbāYVm`m`i o`ता आणि
 ~nb Anññē`nā`m g`ñ`m Ae`ñUm आणि
 `brñU`o`-H\$ñUm AnU Vrđ`HññfU यासारखे
 ày CØdVñV.

anOJna j`ñV {hbrñm dñtV`m gñभाग

AnVñH\$ {dH\$ngng MnbZm XB. nañwXenVrb {ō`nñr
 H\$ñ`_Vm dñt`dÈ`ngnr È`m VññV AnU {Zanñr AgUo
 Andī H\$ Anho EH\$ g`nO àhUj AnU I ng H\$èSZ
 nēfngnr, AnnU {ō`nñMo~m-XnarMoAnPōdnñZ KñJo
 Andī H\$ Anho {H\$ñUm I añr, ñdñññH\$, gnñg`ññAnU
 `brñmVogñmZ hoHñi {hbrñMoH\$ñ`àhUj gnñZ XÐ\$
 Z`o`ór-nēf`nñ`m gññmVrb ^ñ`HñMo`X`nd hr
 ^WH\$ñi nñr Jññ>Agndr. VgM, {hbrm àhUj Annè`nñm
 nñfU AnU MññboAnññē`nñm ànVnî`XñJo Andī H\$
 Anho EH\$ ZdrZ AnU nñm`r`^naV Hñi {Zanñr AnU
 YSYñH\$>I nē`nñm eS`hrññ - MññbonñfU,
 {Zanñr`ñññm, {Zanñr`ññññ`

